

# Can a hardcore bodybuilder workout once a week and still be strong and fit

A hardcore bodybuilder who is used to high training frequency and volume would likely experience a step back in maximal muscle growth and performance if switching to just one workout per week. However, research shows that even a single, high-intensity, full-body workout per week can preserve most muscle gains and maintain a high level of strength for an extended period, especially for those who are already well-trained<sup>[1] [2] [3]</sup>.

## Key Points:

- **Strength and Muscle Maintenance:** Training once a week can maintain strength and muscle mass for most individuals, including those who have previously trained more frequently. Studies indicate that once-a-week full-body training is sufficient to preserve almost all muscle and strength gains made during prior training phases<sup>[2] [1] [3]</sup>.
- **Muscle Growth:** For maximal hypertrophy (muscle growth), higher frequency (2–4 times per week per muscle group) is generally considered optimal<sup>[4] [5]</sup>. Training once a week may slow or halt new muscle growth, but it won't cause rapid loss of existing muscle if intensity and volume within the session are adequate<sup>[6] [7]</sup>.
- **Performance:** A hardcore bodybuilder would likely notice a decline in workout capacity, recovery between sets, and possibly some loss in muscle detail or endurance if they reduced frequency to once per week, but raw strength can be maintained<sup>[5] [3]</sup>.
- **Practical Considerations:** If time constraints or lifestyle require a single weekly session, focusing on high-intensity, compound movements with sufficient volume can keep a bodybuilder strong and fit, though not at their peak performance or muscle mass<sup>[1] [3] [6]</sup>.

## Summary Table

Training Frequency	Strength Gains	Muscle Maintenance	Muscle Growth	Practicality for Hardcore Bodybuilders
1x/week	Maintains	Maintains	Limited	Feasible, but not optimal
2–4x/week	Increases	Maintains/Increases	Increases	Optimal for growth and performance

## Conclusion:

A hardcore bodybuilder can remain strong and fit with just one hard workout per week, especially if the session is intense and covers the whole body. However, for maximal muscle growth and performance, higher frequency is preferable<sup>[1] [3] [2]</sup>. Once-a-week training is best seen as a maintenance or fallback strategy, not a path to new gains.

# Can a hardcore bodybuilder be strong,fit,and a competition champion if they workout every other day

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Yes, a hardcore bodybuilder can be strong, fit, and even a competition champion by working out every other day—which typically means 3–4 sessions per week—provided the training is structured intelligently and volume/intensity are adequate.

## Key Considerations

- **Training Frequency and Muscle Groups:** Most bodybuilding competitors train each primary muscle group 1–3 times per week<sup>[8] [9] [10]</sup>. Training every other day (3–4 times weekly) fits well within this range, especially if a full-body or upper/lower split is used.
- **Strength and Fitness:** Working out every other day allows for sufficient recovery while still maintaining high intensity and volume, which is essential for strength and fitness. This schedule is often used during contest prep to balance muscle stimulation and recovery<sup>[8] [9]</sup>.
- **Competition Readiness:** To be a competition champion, training must be periodized and include phases of higher volume (off-season), then transition to higher intensity with reduced volume as the contest nears<sup>[11] [9]</sup>. Every-other-day training can support this approach, especially if workouts are comprehensive and nutrition, rest, and conditioning are optimized.
- **Frequency vs. Volume:** Research and expert recommendations suggest that for muscle growth and strength, frequency (how often you train a muscle) is important, but total weekly volume and intensity are even more critical<sup>[9] [12] [10]</sup>. If you train every other day and distribute volume appropriately, you can achieve excellent results.
- **Personal Adaptation:** Some bodybuilders thrive on higher frequencies, while others do well on every-other-day schedules. Many successful competitors use a mix of splits and frequencies throughout their training cycles<sup>[13] [9]</sup>.

## Example Schedule

Day	Workout Focus
Day 1	Full Body or Upper Body
Day 2	Rest or Light Cardio
Day 3	Full Body or Lower Body
Day 4	Rest or Light Cardio
Day 5	Full Body or Accessory Work
Day 6	Rest or Active Recovery
Day 7	(Repeat or adjust as needed)

## Summary

A hardcore bodybuilder can absolutely remain strong, fit, and competitive—even become a champion—by training every other day, as long as the program is well-designed, volume and intensity are managed, and recovery is prioritized<sup>[8] [9] [10]</sup>. This frequency is effective for both muscle maintenance and growth, and it fits the recommendations for most competitive bodybuilders.

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## Will they get even stronger?

A hardcore bodybuilder who trains every other day (typically 3–4 times per week) can continue to get stronger, especially if they are still in the process of maximizing their genetic potential, or if they manipulate variables like intensity, volume, and training splits to keep stimulating adaptation<sup>[14] [15] [16]</sup>.

However, the extent of further strength gains depends on several factors:

- **Training Experience:** Advanced lifters may find that strength gains slow down, as their bodies are closer to their genetic ceiling. But even at this level, small increases are possible with smart programming.
- **Program Design:** If workouts are structured to progressively overload the muscles—either by increasing weight, volume, or intensity—strength can continue to improve, albeit more slowly than for beginners<sup>[14] [15]</sup>.
- **Recovery and Nutrition:** Adequate rest and nutrition are essential for ongoing strength gains, and every-other-day training provides a good balance between stimulus and recovery for most bodybuilders<sup>[14] [17]</sup>.
- **Frequency and Volume:** Research shows that higher training frequency (within reason) can lead to greater strength gains compared to lower frequency, but every-other-day training is still effective and can support ongoing progress<sup>[15] [16]</sup>.

### Summary:

Yes, a hardcore bodybuilder can get even stronger by working out every other day, especially if their program is well-designed and they continue to challenge themselves. However, for those already highly trained, gains may be slower and more incremental than for less experienced lifters<sup>[15] [16]</sup>.

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2. <https://barbend.com/maintain-your-gains-by-training-only-once-per-week/>

3. <https://fitbod.me/blog/lifting-once-per-week/>

4. [https://www.reddit.com/r/bodyweightfitness/comments/13f0cua/train\\_only\\_once\\_a\\_week\\_effectiveness/](https://www.reddit.com/r/bodyweightfitness/comments/13f0cua/train_only_once_a_week_effectiveness/)

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